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From: ASNCAAlert@yahoogroups.com
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To: ASNCAAlert@yahoogroups.com

Yahoo! Groups

ASNC News Group

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Digest #4226

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Messages

1 [The election in your backyard](#)

Thu Apr 24, 2014 11:02 pm (PDT) . Posted by: [asncalert](#)

Patricia --

As Angelenos, it's important that we all take an active role in making our city prosperous, safe, livable,

and well-run.

With that in mind, will you vote in your neighborhood council election this weekend?

This city is too big and diverse to leave all the decisions to City Hall. That's why I've made a proactive effort to host office hours, neighborhood walks, and town halls in every corner of Los Angeles. But when it comes to the decisions made by your neighborhood council, it's up to you to show up and make your voice heard.

My team has compiled all the information on where to vote and who is running on our Empower LA website. Take a look.

<http://empowerla.org/nela/>

Thank you for your participation.

Eric Garcetti
Mayor

Office of Los Angeles Mayor Eric Garcetti
200 N Spring St, 300, Los Angeles, CA 90012, United States

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2 **32nd Anniversary Brewery Artwalk is April 26 + 27**

Thu Apr 24, 2014 11:02 pm (PDT) . Posted by: [asncaalert](#)

THIS WEEKEND! - 32nd Anniversary Brewery Artwalk is April 26 + 27 at the largest active arts community in the world. Enjoy FREE ADMISSION to one of the most unique cultural events in Los Angeles.

Who we are:

The Brewery Artwalk Association is a non profit organization staffed by LA Brewery artists and volunteers. Our primary focus is the promotion of Brewery artists through the twice annual LA Brewery Artwalk and to support arts and culture in Los Angeles in general.

Brewery Artwalk Association | 2100 N Main St. A10 | Los Angeles | CA | 90031 | 323.638.9382

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3 **\$745 / 1000ft² - Gorgeous, Sunny, & Spacious (Highland Park)**

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

Oak Terrace Dr. at Figueroa & Avenue 50

<http://losangeles.craigslist.org/lac/roo/4439023790.html> <http://losangeles.craigslist.org/lac/roo/4439023790.html>

1000ft²

laundry on site off-street parking

private room no private bath

Hello! I am a 27 year old queer female who has a gorgeous two bedroom apartment in Highland Park available for 4/15. Our patio overlooks Sycamore Park and is tucked away from the noise of busy Figueroa. We are 5 mins walking distance to the gold line, buses, and right by the 110 fwy.

The living room is HUGE with giant windows and beautiful light. Hardwood floors everywhere but the room (which is carpet). The kitchen is quite large as well, with lots of counter space and cabinets. The bathroom is vintage style, with a tub and shower. (Good water pressure!) The room itself is adorable. It has many many windows on 3 sides of the room, and overlooks the park and beautiful greenery. There is a sizable closet, and a built in desk with shelves and cabinets. There is room for a queen or king bed, and a few chairs or book shelves. It is cozy, and drenched in sunlight. The rooms don't share a wall, so there is a good degree of privacy as well.

It is \$745 a month plus utilities. To get on the lease you need first month's rent and a \$745 deposit and the ability to pass a credit check. The managers are asking for us to have a combined income of two times the rent, which shouldn't be hard.

I have a cat and a rabbit. They are both friendly, but only like each other, so no new pets. I always respect the wishes of my roommates around cleanliness and keep the common spaces clean. I enjoy people who are more laid back, and are willing to watch a movie, have a chat, or make dinner together now and then. I work in DTLA as a private investigator. I'm a native Angelino, but have lived in Montreal and Brooklyn previously. I love my apartment and my neighborhood. I hope you will too.

Highland Park, York Blvd., Downtown LA, Eagle Rock, Queer, Trans friendly, POC friendly, LGBT, Gay, Sunny, Private Room.

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4 **All Things HERMON. . . (04/24/14)**

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

*** Last Tuesday night, you were probably either on the Arroyo Seco Parkway (110) “parking lot” -- trying to get home -- or home hearing hours of circling helicopters overhead and trying to listen for news of what could be happening. Our LAPD Sr. Lead Officer John Pedroza said yesterday that there is no danger to the public. A man was found dead near the Marmion Way/Avenue 64 northbound exit of the 110. He had just been out of prison for 30 days, after a 10-year sentence, and the killing seemed somewhat choreographed. Northeast LAPD is handling the investigation.

*** Get set for a great weekend in Hermon. This Saturday is the “Bulky Item Drop Off” from 9 a.m. to 3 p.m. (or sooner -- whenever the two big City containers are full, so don't wait until the end). It'll be at Mika Color's parking lot at 6000 Monterey Road (enter off of Avenue 60). Thanks Mika Color! And thanks to our community volunteers and L.A. International Charter High School (LAICHS) students for helping to load what you bring into the right containers.

And this year, Habitat for Humanity will be with us to collect anything re-usable for their fundraising efforts to build homes for those in need. SO, bring those old cabinets and doorknobs, appliances that work -- or don't, your rusty patio set, old mattresses – almost anything you're not using anymore. Let's clean house, Hermon!

We CAN'T accept oil/paint/solvents, TVs, electronics or any e-waste, car parts, batteries, or tires. But, we will have fliers of where you can take those.

*** And, speaking of LAICHS . . . also Saturday, our local college-prep public high school will host an open house for 2014-15 student enrollment from 10 a.m. to 1 p.m. (Some Hermonites may still think of this as the “new” school in Hermon, but LAICHS is now in its 9th year of operation and has been based on our historic school site for most of that time). They expect to reach the goal of having 300 students by next year, when they celebrate a decade. Most important, for the past few years 90+ percent of LAICHS graduates have been accepted into four-year colleges and universities each year. www.laicharter.org
<http://www.laicharter.org>

*** And, ALSO this Saturday in Hermon, from noon to 4 p.m., is another “Taste of Fresco” at Fresco Community Market, 5914 Monterey Road. There'll be free prizes and samples, Naturewell Juice Bar, more than 50 vendors featuring new local products, organic, natural, gluten-free and vegan products – plus, you'll probably see lots of your neighbors!

*** After the recent loss of LAPD Motor Officer Chris Cortijo while on the job and the ceremonies this week honoring his life and service, it makes us so much more aware of our area's motor officer, Michael Belmonte, and the risks he takes every day as he keeps us safer on our streets. We're grateful Officer Belmonte.

*** And lastly, THIS Sunday there will be a CERT (Community Emergency Response Team) Northeast LA community meeting from 2 p.m. to 3:30 p.m. at Eagle Rock City Hall, 2035 Colorado Blvd. (90041) and you're encouraged to attend. The topic will be “Local Hazards Assessment and Developing a Community Emergency Plan: Why and How to Get Involved with CERT.” If you have taken CERT training and want to get more involved, or haven't yet and want to get started -- this is for you. We want

to be the most prepared community in Los Angeles. Questions? Contact LA CERT Battalion 2 Coordinator Mark Legassie at 323.895.6275. Follow on Facebook ("Northeast CERT") or go to www.cert-la.com <http://www.cert-la.com>

Because it's all good . . . in Hermon
where quirky works,
families return,
and dogs sleep all night long.

Wendi

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5 **ERNC Elections: In Eagle Rock, Everyone Gets Carded**

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

Hello Neighbor!

ERNC Elections Update

Today the ERNC was informed by the City of L.A. that this Saturday's elections will not be "self-affirmation," as they had previously announced. Instead, voters will be asked for "acceptable documentation" to prove that they are Eagle Rock Stakeholders.

What's an Eagle Rock Stakeholder? In general, it's someone who lives, works, or owns property or a business in Eagle Rock.

What's "acceptable documentation"? It's any one of the below, as long as it shows both your name and your Eagle Rock address:

- Driver's License
- CA Identification Card
- Passport
- Any picture ID (work, school, gym, club, credit card, etc.)

If you don't have one of the above, then you can provide two of the following, showing an Eagle Rock address where appropriate:

Social Security Card

Residential lease or rental agreement

Los Angeles County property tax bill

Mortgage statement or rent receipt

Home owner's or renter's insurance documentation

Current utility bill
Home Owners' Association bill
Letter from landlord confirming renter/tenant status
Mail with your name and home or business address
Letter from local Neighborhood Watch
Other similar documentation proving occupancy/tenancy
Business lease or rental agreement
Commercial mortgage statement or lease receipt
Current City of LA Business license
Work permit
Staff roster
Personal business card
Printed advertisement or webpage of business
Letter from employer on business letterhead verifying employment
California (CA) State Board of Equalization resale certificate
Pay check or stub
Letter/documentation from Business Improvement District (BID) or Chamber of Commerce
Billing statements from vendors
Other similar documentation proving employment or business ownership

If you forget your documentation, you can still vote -- just fill out a Provisional Ballot, and you'll have 3 days to email the information in to the City Clerk.

If you're not an Eagle Rock Stakeholder, you may still be able to vote as a Community Interest Stakeholder. Details can be found in the Empower LA Elections Manual, at this link.

Election Details

On Saturday, April 26, from 10:00am - 4:00pm, the L.A. City Clerk and Department of Neighborhood Empowerment will hold elections for the Eagle Rock Neighborhood Council.

Here is everything you need to know to make an informed decision, and make your neighborhood a better place:

- Elections will be held at Eagle Rock City Hall, 2035 Colorado Blvd., Los Angeles, CA 90041 (at Maywood).

- Polls open at 10:00am, and close at 4:00pm.

- You will be asked to fill out a registration form before you can vote. The form is available in advance at this link. Print out at home, and bring with you to save time.

- If you want to vote for a Sub-District candidate, you need to know which one you live in. Click here for a Sub District map.

- Know whom you're voting for! The list of candidates is available on our page at the Department of

Neighborhood Empowerment.

- Questions? Comments? We're here to help! Send us an email at info@eaglerockcouncil.org

Election Volunteers Still Needed!

Serve your community, eat some free food, and meet your neighbors, by helping out at the ERNC elections on Saturday. It's easy, and fun! We need people to help out before, during, and after the election. Come for an hour or the whole day. Teens are welcome!

Sign up online at this link:

ERNC Elections Sign-Up for Saturday, April 26

The Eagle Rock Neighborhood Council (ERNC) is an official organization of the City of Los Angeles, staffed by 19 elected, unpaid volunteers. Our Board is composed of Eagle Rock stakeholders from all walks of life, who share a desire to make our home town a safer, greener, and more prosperous place to live.

Our job is neighborhood empowerment: We act as your advocates and liaisons to the City Council, the Mayor, and all City of L.A. departments that touch the lives of Eagle Rockers. Join us at one of our meetings, or talk to us at a community event, and find out how we can make Eagle Rock even better, together.

Contact Us:

If you have any questions about the Eagle Rock Neighborhood Council, please contact the ERNC Communications Team, and we'll get back to you within 24 hours: info@eaglerockcouncil.org

ERNC Vice President David Greene writes these newsletters. If you have a content-related question or comment, contact him at: vicepresident@eaglerockcouncil.org

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Our mailing address is:
Eagle Rock Neighborhood Council
P.O. Box 41652
Los Angeles, CA 90041

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6 **Free Evening Hypnotherapy Lecture in Highland Park! 5/13**

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

Wed Apr 23, 2014 1:19 pm on nelalist@yahoo.com <mailto:nelalist@yahoo.com>

Posted by: "Nkem Ndefo" [nkemndefo](#)

We are pleased to host a special FREE evening with Pierre-Etienne Vannier, "The French Hypnotherapist." How to Use Your Mind-Body Connection to Release Stress and Reclaim Your Health.

Tuesday, May 13, 2014

7:00-8:30pm

Nkem Ndefo Holistic Healthcare

454 N. Avenue 56, #1

Los Angeles, CA 90042

Come learn and experience three simple yet effective techniques to release stress and regain control of your life. Research shows that most negative emotions, troubled relationships, and illnesses originate from our thoughts. During this exciting and interactive session, you will gain insight into the origins of your thoughts, their effects on your body/behaviors, and how you can influence your mind-body connection to improve the quality of your life. You will have the opportunity to experience a series of exercises to release negative emotions and foster self-confidence, self-esteem, and inner peace.

All attendees will be given a free MP3 so they can practice their newly acquired skills.

Pierre-Etienne Vannier, "The French Hypnotherapist," supports people who have experienced challenging or traumatic life circumstances, helping them find peace, identify/expand inner resources, and move forward. He is a Board Certified Clinical Hypnotherapist and a Neuro-Linguistic Programming Practitioner. For eight years, as part of his work with the United Nations, he designed and implemented initiatives to support people living with HIV in 22 Arab states, mainly through life skills training and socio-economic empowerment. He offers individual and group sessions on stress release and trauma recovery and conducts free public awareness talks on the power of the mind. He is the founder of Hypnotherapy Without Borders, using hypnotherapy as a tool for social activism and community empowerment, particularly among vulnerable populations. He is affiliated with First Medicines, a non-profit organization whose mission is to reduce suffering and enhance health around the world, regardless of people's ability to pay. As part of his work, he organized and co-facilitated trainings for Field Hospital volunteers and medical staff in Tahrir square in Cairo, Egypt, as well as trainings focusing on hypnotherapy for trauma recovery for practitioners. He maintains a private practice in Burbank, and serves an international clientele via Skype.

You can learn more by visiting <http://www.TheFrenchHypnotherapist.com/>

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7 Interactive Modeling Workshop: North Figueroa 2050

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

Hosted by Damien Newton <https://www.facebook.com/damien.newton> and Josef Bray-Ali
<https://www.facebook.com/profile.php?id=1076323659>

Saturday <https://www.facebook.com/events/calendar/2014/April/26> April 26 at 4:00pm

https://www.facebook.com/events/615289011873182/?context=create&ref_dashboard_filter=upcoming&source=49
https://www.facebook.com/events/615289011873182/?context=create&ref_dashboard_filter=upcoming&source=49

The Bike Oven <https://www.facebook.com/bikeoven> 3706 North Figueroa St., Los Angeles, California 90065
(323) 223-8020
thebikeoven@gmail.com <mailto:thebikeoven@gmail.com>

Join renowned urban planner James Rojas for an interactive modeling workshop in Northeast Los Angeles encouraging you to plan for Figueroa Boulevard in 2050.

Don't know what interactive modeling is? Check out this video: <http://drpop.org/2010/05/james-rojas-the-city-as-play/> <http://drpop.org/2010/05/james-rojas-the-city-as-play/>

Weather permitting, we'll be building in the island across from the Oven...planning for Figueroa's future in Figueroa street!

Build at 4, Light dinner and drinks at 5:30

Sponsored by: The Bike Oven, Placelt!, Los Angeles Streetsblog <https://www.facebook.com/lastreetsblog>, #Fig4All
Supported by: LA 2050/The Goldhirsh Foundation

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CEDILLO AND BUREAU OF SANITATION PARTNER TO OFFER FULL-SERVICE BULKY

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

PRESS RELEASE

CEDILLO AND BUREAU OF SANITATION PARTNER TO OFFER FULL-SERVICE BULKY ITEM COLLECTION SERVICE

Program is a Pilot for Local Residents with 10 Collections per Day for the Region

LOS ANGELES—Councilmember Cedillo kicked off a full-service bulky item collection service for area constituents today. The new program offers in-home collection of unwanted furnishings, rather than curbside placement. A partnership with Los Angeles Bureau of Sanitation, the program will provide up to 10 service requests for the region, Monday through Friday.

"Since I was elected I have made cleaning the streets a priority for the residents of CD1. Maintaining a clean neighborhood is a team effort between the City and its residents, which is why I have introduced a new pilot program for all residents of my district. The in-house bulky item program will allow you to make an appointment to have your bulky items picked up at your door. This will eliminate the need to set bulky items outside, attracting more blight in our communities. I thank the Bureau of Sanitation for helping me make this program a reality, and I hope it will inadvertently help to change the culture and Keep it Clean," stated Cedillo.

Area residents can call LA Sanitation at (1-800-773-2489) 24 hours prior to the desired collection day. The service is available Monday through Friday, and customers will be given a four-hour collection window for pickup. See program guidelines for details:

FULL-SERVICE BULKY ITEM COLLECTION GUIDELINES

- A maximum of five items will be collected in a single collection
- All items must be free-standing and not affixed to walls or any other surfaces
- Appliances must be unplugged from gas lines or electricity
- Items should fit easily through exit door
- You must be 18 years or older to request service
- Homeowner/authorized agent must be present during service call and should be 18 or older
- Customers will be required to sign a waiver for the service
- Please follow current Bulky Item Collection guidelines for carpet, loose wood, etc.
- Construction and hazardous materials will NOT be collected

"We are always looking for ways to improve the services we provide our customers. This full-service bulky item collection pilot program does just that! It is convenient, user-friendly and customer-driven. We are very happy to be part of this program with Councilmember Cedillo," commented Kevin James, President of the Board of Public Works.

"We are proud to partner with Councilmember Cedillo to bring this convenient service to residents of council district 1. As part of our ongoing commitment to improve customer service, collecting bulky items directly from inside residences provides customers a real option who may not be able to carry bulky

items to the curb,” commented Enrique C. Zaldivar, Director of Los Angeles Sanitation.

The City is not responsible for damages to unwanted items and will not be returned once removed from the property. Callers will need to verify area residency in the pilot area when scheduling an appointment. If you have questions about this program, please call 1-800-773-2489.

As the lead agency for the City’s environmental programs and initiatives, the Bureau of Sanitation protects public health and the environment through the administration and management of three program areas: Clean Water (Wastewater), Solid Resources (Solid Waste Management) and Watershed Protection (Stormwater). These infrastructure programs collect, treat, recycle, and dispose the solid and liquid waste generated by the nation’s second largest city of more than four million residents. Through these essential public service programs, Sanitation delivers a triple bottom line of economic, environmental, and social benefits that sustain the quality of life in Los Angeles. For more information, please visit www.lacitysan.org <http://www.lacitysan.org>.

Councilmember Gil Cedillo represents the 1st Council District, which includes all or parts of the neighborhoods of Glassell Park, Cypress Park, Highland Park, Mt. Washington, Solano Canyon, Elysian Park, Echo Park, Westlake, Angelino Heights, Temple Beaudry, Lafayette Park, Chinatown, Forgotten Edge, Lincoln Heights, Montecito Heights, Sycamore Grove, Pico Union, Adams-Normandie, University Park, Mid Cities and Mac Arthur Park.

####

Fredy Ceja
Communications Deputy
Office of Councilmember Gilbert Cedillo
Los Angeles City Council, District 1
200 N. Spring St., Room 470
Los Angeles, CA 90012
Office: (213) 473-7001
Cell: (323) 574-6013
Fax: (213) 472-7462
Fredy.Ceja@lacity.org <mailto:Fredy.Ceja@lacity.org>

9 N. Figueroa bike lane meeting set - MAY 8TH

Thu Apr 24, 2014 11:03 pm (PDT) . Posted by: [asncaalert](#)

Councilman Cedillo and the LADOT are conducting a community meeting to discuss N. Figueroa bike lanes. PLEASE ATTEND the meeting and express your support. This is a critical time in the campaign.

Thursday May 8th at 6 p.m.
Nightingale Middle School Cafeteria
3311 N. Figueroa Street, 90065
[FB event here for sharing.](#)

The 2010 Bicycle Plan calls for bicycle lanes on Figueroa, which would connect to bike lanes on York, Cypress, and the Los Angeles River. Despite what is in the plan, an alternative is proposed AT THIS MEETING that water down the safety elements of adding bike lanes on N. Figueroa. An alternative IN PLACE of Figueroa bike lanes are...

Sharrows on Figueroa - no bike lanes (not in the bike plan), Sharrows on Sycamore Terrace (not in the bike plan), Sharrows along Monte Vista (not in the bike plan), and Sharrows on Avenue 50.

Unfortunately, sharrows on side streets do not make N. Figueroa safer. In 10 years, there were 822 injuries along this corridor, including 9 fatalities and 56 bicycle-related collisions. Do sharrows on other streets address this issue? We don't think so.

It is VERY important for locals and stakeholders of CD1 to attend this meeting and express their views. Please let me know if you can make it with a simple 'yes' reply.

If you absolutely cannot make it, urge Councilman Cedillo to support bike lanes on Figueroa via email...

TO: councilmember.cedillo@lacity.org, arturo.chavez@lacity.org, gerald.gubatan@lacity.org, melinda.alatorre@lacity.org,
BCC: alek@la-bike.org
SUBJECT: N. Figueroa Bike Lanes

Dear Councilman Cedillo,

My name is _____ and I'm a (resident of CD1, work/plays/lives in Northeast LA, etc.) and I urge you to add bike lanes to N. Figueroa. Bike lanes on N. Figueroa are important to me because...

What's your reason for supporting bike lanes on Figueroa? Consider these sending your comments:

- Safety - Between 2002-2011, Figueroa had over 600 accidents resulting in 822 injuries, 1/3 of which involved a pedestrian or bicyclist. With so many schools, small businesses, and recreation facilities along the corridor, we want to make sure the street is welcoming for non-motorized modes of transportation.
- Bikes are good for business (and parking) - Study after study shows that bicyclists are a boon for local business. Bicyclists can stop on a whim, park easily, and shop more frequently than those arriving by other means. Routing bike traffic on side streets is a missed opportunity for small businesses. Calming traffic also means businesses are more visible for passersby. We want to turn Figueroa into a destination and not just a street to drive through.
- Access to the Gold line- With increased development in the neighborhood the potential for further encouraging use of the Gold Line to avoid added congestion. Demand on the Gold Line is high and we want to be sure getting to the station for residents nearby is easy and convenient. A direct link for residents and patrons to stations and nearby businesses can be accomplished with bike lanes on Figueroa.

Thanks so much for your support. Lets make the streets of Northeast LA safer for everyone.

Best,
Alek Bartrosouf
Campaign and Policy Manager
Los Angeles County Bicycle Coalition
alek@la-bike.org
(213) 629-2142

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10 **Auction Results and What's Coming Up !!!**

Thu Apr 24, 2014 11:04 pm (PDT) . Posted by: [asncaalert](#)

<http://tinyurl.com/lyzfbr5>

Center for the Arts Eagle Rock Newsletter
April 24, 2014

Thank you to everyone that participated in the 12th Annual Art Auction.
We are so please to announce we met our goals for this fundraiser.
Over 140 items were up for auction and almost all sold with multiple bids!
We are grateful for everyone's help that participated.

Summer Camp Registration
is now open and filling up fast! Get the weeks you want. Enroll your kids today!!!
Dates June 9th - August 8, 2014
Ages 6-11

[Click here to Download](#)
our Catalogue

Friday April 25, 2014 – Bandish Projekt with Sadubas
Bandish Projekt performs solo for the first time in the United States on April 25, 2014 at the Eagle Rock Center for the Arts. A Certified Ableton instructor and electronic music/tabla artist from Mumbai, India Bandish Projekt will lead a special Ableton workshop at CFAER followed by a tablatronic set. This is an extraordinary opportunity to see one of the most innovative classical/electronic south Asian artists in both a performance and educational context! SADUBAS (Ameet Mehta and Robin Sukhadia join as an opening act.
8 PM – Ableton Workshop
9:30 PM – Performance
\$20

May 3, 2014, 8-11pm

CFAER & 5790projects

popup group exhibition

"Terra Firma,"

featuring LA-based sculpture artists Sarah Jones & Meghan Smythe.

Live musical performances by Dylan Ryan, Sand Filardo, & Corey Fogel

\$10 at the door.

Draw NELA

May 18 – August 10, 2014.

Opening Sunday May 18 2pm-5pm

at CFAER, grab a map & a Pencil and explore.

A community-wide art experience curated by

Brian Mallman.

Sketchbooks will be available at 50 locations around Northeast L.A.

Contribute your art in a sketchbook page during this community collaboration.

Closing Reception on Sunday August 17 2pm-5pm

Introduction to Mindfulness

Tuesday May 20, 2014

7pm-8:30pm \$10

This workshop will provide an introduction to the basics of mindfulness (including mindfulness meditation) and will present tips for practice into daily life.

Jennifer Howd is a writer, creative consultant and mindfulness facilitator living in Los Angeles. She studies Mindfulness at UCLA's Mindfulness Awareness Research Center (MARC) and is the author of The Mindfulness Diaries: How I Survived My First Nine-Day Silent Meditation Retreat.

Chairs provided. Bring your own mediation cushion if you wish.

Noches de Trova

Friday May 2, 2014 8pm

\$10

Noches de Trova is a monthly music series featuring Esteban Leon, Jorge Negrete and Tomas Cadena performing individual songs from a variety of Mexican and Latin American singer-song-writers from the popular music genre known as "Trova".

Works from classic and current troubadours are mixed together for a night that showcases the diversity found within trova music. The night fuses bolero, country, ranchera, jazz, bossa nova, blues, folk and more!

Yoga Classes

Thursdays, Jan 9- June 5 8:30 – 9:45 AM \$10 per class All levels welcome

Certified Hatha Yoga instructor, Mary Frances Spencer, leads class suitable for all levels. Sequenced to build strength and flexibility, release toxins and stretch tight muscles. Improve your health by stimulating the immune system as you move with your breath. Each session ends with a relaxation, enhanced with tuning forks, singing bowls, and aromatherapy oils for energy and balance.

Center for the Arts Eagle Rock Presents

The Singer and The Songwriter Album Release Show

The Singer and The Songwriter

Me and Mr. Cassidy

Gyasi Ross

Alira Strings

Thursday May 8, 2014

Doors – 7:30pm

\$10 advanced

\$12 at the door

All ages

Open Gate Theatre

Sunday May 4, 2014 7pm

BARNETT BAND

Bonnie Barnett (vocals)

Richard Wood (woodwinds)

Hal Onserud (bass)

Garth Powell (drums, percussion)

Dan Clucas (cornet)

GONG FARMER

Jim McAuley (guitars and other strings)

Mary MacQueen (bass, recorders, and voice)

Andrew Pask (woodwinds)

Alan Cook (drums and percussion)

Admission is \$10,

students, seniors, and series performers half price.

Center for the Arts Eagle Rock & SASSAS present

May 11, 2014 1pm-4pm FREE

soundShoppe is a monthly unstructured sound workshop/noisejam for experimental musicians and sound artists. soundShoppe offers a means by which sound artists can hangout on a regular basis and informally explore their medium together. soundShoppe offers experienced sound musicians an opportunity experiment with different instrumentations and approaches and play outside of their comfort zone. soundShoppe also presents the opportunity for novice sound artists to interact with more experienced ones.

We will provide the PA, tables and chairs. Bring your own audio cables, power cords, multiple boxes, and amplification.

If you would like to see more programming like this please support the Center with a donation today.

For more information please visit www.CFAER.org or email info@CFAER.org

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11 [The New American Entrepreneur Expo](#)

Thu Apr 24, 2014 11:04 pm (PDT) . Posted by: [asncaalert](#)

Dear Community Leader,

We are excited to announce The New American Entrepreneur Expo, a new initiative by Mayor Eric Garcetti's Office of Immigrant Affairs to support Los Angeles' entrepreneurs. The expo which partners with the Los Angeles Housing and Community Investment Department (HDICLA) and the Economic and Workforce Department as well as many others, aims to promote immigrant owned businesses and increase their economic development in Los Angeles.

The expo will be held Saturday May 10th, 2014 at the El Pueblo de Los Angeles Historical Monuments (PICO House) 125 Paseo De La Plaza Los Angeles, CA 90012. Registration begins at 9:30 a.m. followed by a welcome from Mayor Eric Garcetti. We highly encourage guests to use public transportation to the Union Station as the event is downtown and parking is limited. Your R.S.V.P. can be made by going to lamayor.com/immigrants <http://lamayor.com/immigrants> and clicking on the upcoming events link. Please see the flyers below for more information.

Sincerely,

Linda Lopez

--

<http://www.lamayor.org/>
Linda Lopez, PhD
Office of Los Angeles Mayor Eric Garcetti
Chief, Office of Immigrant Affairs
200 North Spring Street
Suite 303
Los Angeles, CA 90012
(213) 978-0733

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12 [Bike The Vote! NELA NC Election Guide and Bike Ride for Saturday, Ap](#)

Thu Apr 24, 2014 11:04 pm (PDT) . Posted by: [asncaalert](#)

<http://flyingpigeon-la.com/2014/04/bike-the-vote-nela-nc-election-guide-and-bike-ride-for-saturday-april-26-2014/> <http://flyingpigeon-la.com/2014/04/bike-the-vote-nela-nc-election-guide-and-bike-ride-for-saturday-april-26-2014/>

Bike lanes on North Figueroa Street – will they ever happen? Not without the backing of neighborhood councils and a broad coalition of local people behind the idea.

We're doing our part here at the Flying Pigeon, working with the LA County Bike Coalition's Ride Figueroa and the local community group Figueroa For All, to produce both a "Bike The Vote!" ride and a #fig4all Voter Guide.

We've come out to party & eat pan dulce together, we've come out to engage bike lane opponents together, we've ridden our bikes together, we've shopped together, our kids have made posters together, we've hand made sashes and signs, we've done a lot together – now let's vote!

Bike The Vote!

Get ready to flex your sexy bike muscles this Saturday, April 26, 2014 at 10 a.m. on a jaunt up the North Figueroa corridor to take part in as many Neighborhood Council elections as possible!

Meet at the Flying Pigeon LA bike shop at 10 a.m. on Saturday, April 26, 2014. We ride at 10:15 a.m. for the Greater Cypress Park Neighborhood Council election, then onward to the Arroyo Seco Neighborhood Council, and finally the Historic Highland Park Neighborhood Council election. You don't have to be a registered voter to vote, you don't have to be a U.S. citizen, but you do have to be a "stakeholder". Generally a "stakeholder" is someone who:

Stakeholders live, work, own property in the neighborhood or who declare a stake in the neighborhood and affirm an ongoing and substantial community interest and who are 14 years or older.

There is a Facebook Event for this ride.

Voter Guide!

(THIS WILL BE UPDATED AS WE CONTINUE TO RECEIVE FEEDBACK FROM CANDIDATES – IF YOU SPOT AN ERROR, EMAIL info@flyingpigeon-la.com AND WE'LL FIX IT ASAP!)

There are few things more powerful than a list of candidates a group of like-minded people can vote for! We can make a big difference in the politics of our neighborhood by voting for the following people who we consider the most bike-friendly candidates running in various elections:

Greater Cypress Park Neighborhood Council

Polling Hours: 10 am to 4 pm

Cypress Park & Recreation Center (Auditorium) (2630 Pepper Ave., Los Angeles, CA 90065)

Carlos Hinajosa aka "Gnarly Charly"

Michael Gunn Gonzales
Alejandra Cortez
Rory Booten Olsen

Arroyo Seco Neighborhood Council
Polling Hours: 10 am to 4 pm
Ramona Hall Community Center Lobby (4580 N. Figueroa St., Los Angeles, CA 90065)

Harv Woien
Lynda Valencia
Martha Benedict
Eric Pierson
Padraic Cassidy

Historic Highland Park Neighborhood Council
Polling Hours: 9 am to 3 pm
Highland Park Senior Center (6152 N. Figueroa Street, Los Angeles, CA 90042)

President:
Monica Alcaraz
First Vice President:
Aaron Salcedo
Second Vice President:
Diego R. Silva
Secretary:
Johanna A. Sanchez
Treasurer:
No Endorsement
At-Large Directors:
Edward L. Braun
Javier Cabral
Miranda A Rodriguez
Amirah Noaman
Susanne Huerta
David Andrés Kietzman
Miguel Ramos
Graeme Flegenheimer
Jessica Ceballos
Carlos Reyes
Harvey Slater
Boo Caban

Non-Figueroa-based NC Elections:

Glassell Park Neighborhood Council

Stakeholder status for Glassell Park is through a self-stated affirmation of interest in the community.

Molly Taylor

Eagle Rock Neighborhood Council

(THIS WILL BE UPDATED AS WE CONTINUE TO RECEIVE FEEDBACK FROM CANDIDATES – IF YOU SPOT AN ERROR OR OMISSION, EMAIL info@flyingpigeon-la.com AND WE'LL FIX IT ASAP!)

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13a Glassell Park Neighborhood Council Elections

Thu Apr 24, 2014 11:04 pm (PDT) . Posted by: [asncaalert](#)

Saturday, April 26, 10am to 4pm

<http://glassellparknc.org/2014/04/vote-april-26/> <http://glassellparknc.org/2014/04/vote-april-26/>

Wondering who to vote for? Read the Candidate Statements

<http://empowerla.org/gpnc/glassell-park-nc-2014-elections/> <http://empowerla.org/gpnc/glassell-park-nc-2014-elections/>

All voters will enjoy our free BBQ

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Our mailing address is:

Glassell Park Community & Senior Center

3750 N. Verdugo Road

Los Angeles, CA 90065

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14 Lots More Jade Plant Available

Thu Apr 24, 2014 11:04 pm (PDT) . Posted by: [asncaalert](#)

Three people came by the other day to take some jade, and there is still a lot left. The porch won't be installed until next week so there is also much more time to come by and grab whatever you want. Any remaining jade will end up in the city's green can, so I'd much rather give it away. Contact me at the address/number below. Thanks!

Joanne Turner

artburn@earthlink.net <mailto:artburn@earthlink.net>

(323) 559-2234 (cell)

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